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Friday Morning, October 27, 1916.

WHEN YOU CAN'T SLEEP.

There are endless cures for insomnia, from counting sheep to cultivating New Thought. Doubtless most cases of habitual sleeplessness can be accounted for either by physical disorders or mental worry, and if the basic cause is removed the sufferer sleeps naturally. Over-indulgence in coffee, tea or tobacco is responsible for many cases, and greater temperance in such matters usually brings its reward.

This editorial, however, isn't intended as a medical or moral discussion. It's simply a practical suggestion for getting to sleep, no matter what the cause of sleeplessness may be. It comes from a man who says he has applied it with uniform success.

"Don't try to go to sleep," he says. "Try not to go to sleep."

It sounds absurd, but he explains: "Most persons, when they find themselves awake hour after hour, get into a sort of panic. They realize that they must sleep, to be ready for the duties of the next day. And they try harder and harder to drop off. And the more they concentrate on going to sleep, the wider awake they find themselves.

"Don't shut your eyes tight and say to yourself, 'I will—I will go to sleep!' The more you fight sleeplessness with your eyes shut, the more your thoughts go round and round. Just open your eyes, and try to keep them open. The more they droop, the more effort you must make to force them open again. That effort stops the whirling thoughts and drives out the fear. And the first thing you know—it's morning, and you've had a sound sleep."

A STEEL FAMINE.

An officer of one of the big steel companies predicts a steel famine by January 1. He says that there will be an actual scarcity of steel, both new and old, to a degree that the industry has never before experienced.

The steel mills have all the business they can handle for the rest of this year and most of them are booked through nearly to the end of 1917. The ore mines, transportation lines and furnaces have been working at an unprecedented pace, but cannot keep up with the demand.

The main cause of depletion has been the export trade in steel products, especially war supplies. But the railroads in the last few months have been buying in greater quantities than for several years, in spite of prices that run from 25 to 75 per cent higher than before the war. The demand for structural steel, too, has become abnormal, answering to the great building boom. The general expansion of business has enormously increased the consumption of all kinds of steel products. And not merely is the new steel being used up faster than it can be produced, but there is a remarkable demand for old steel. Jobbers are getting \$25 to \$35 a ton for old rails—more than new rails were worth before the war. They are bought mostly for shipment abroad, and provide a source of profit to the railroads which goes far to cover the added expense of their new supplies.

And only two years ago steel was a drug on the market.

WHICH PARTY LEADS.

Mr. Bryan, in one of his speeches for Wilson, significantly asks: "Where was Mr. Hughes when the Democratic party led the fight for popular election of Senators? Where was Mr. Hughes when the Democrats led the fight for an income tax? Where was he when the Democrats led the fight for currency reform and for anti-trust legislation?"

And then in answer to Mr. Hughes' assertion that the Democratic party had for twenty years been a party of opposition to progress Mr. Bryan adds: "For twenty years the Democratic party has led the reform forces of the nation, and the Republican leaders have done their best to prevent reforms. Mr. Hughes has not been in a Rip Van Winkle sleep either, he has been on the side of Wall Street all the time."

The belligerent powers have all been felicitating themselves on the ease with which they raise their war loans. As a matter of fact, they are merely taking money out of one pocket to put it in another. The real payment of the bills will come after the war.

Greece at last is free—to fight for the Allies, whether she wants to or not.

SPIRITUAL FOOTBALL.

Bishop Lawrence of Massachusetts, addressing the Episcopal convention, quoted with apparent approval a remark of a friend of his to the effect that "football is the most spiritual of games, because it develops discipline, self-restraint and character, and all of these make for religion."

This is a new idea. It has seldom occurred to spectators at college football games that those contests were really not athletic events but religious ceremonies.

To be sure, the students seem to regard the game as a sort of religion, to be placed far above any other college activity or even any other interest in life. And it must be admitted that the behavior of the rah-rah boys on the bleachers and the sidelines seems inspired by a sort of religious exaltation or spiritual frenzy seldom seen in any other human activity. The players, too, manifest a devotion and zeal worthy of the most loyal devotee of any religious cult, from African voodoo worshippers to American Holy Rollers. Still, certain aspects of these ceremonial observances hardly accord with our ordinary religious notions.

When a player tries to tackle the man running with the ball in such a way as to put him permanently out of the game, or takes advantage of a scrimmage to break an opponent's rib or leg, we should hardly call that religious. Neither do we find any particular spirituality in the roaring exhortations of the student supporters to their team to "Kill 'em, smash 'em—kill 'em, smash 'em!" But maybe we're wrong about it.

BEWARE THE MEASLES.

That measles is a more deadly disease than infantile paralysis will be a startling statement to many people who have been horrified by the effects of this year's epidemic in the east. Such, however, is the conclusion of Dr. Borden S. Veeder of St. Louis, expressed in an address before the American Association for the Study and Prevention of Infant Mortality in session in Milwaukee. In whooping-cough measles has a close rival.

"Each of these diseases causes more deaths than scarlet fever," said Dr. Veeder, "and a great many more than infantile paralysis. More than 50 per cent of the deaths in whooping-cough cases occur among children under one year old, and 99 per cent in children under ten years. Measles likewise has its highest mortality among infants. The widespread idea that it is safe for young children to have these diseases and 'get over them early' is erroneous."

Dr. Veeder was supported in his contention about the dangers of measles by Dr. J. G. Wilson of the United States Health Service, stationed at the immigrant station at Ellis Island. He wants every child with measles immediately isolated to prevent the spread of the deadly disease. And Dr. I. A. Abt of Chicago aided Dr. Veeder's cause on the subject of whooping-cough, the complications arising from which, he says, are very serious, resulting not only in death but often in tuberculosis, sometimes in paralysis and idiocy.

The practical lesson for every mother is that she should use every sane precaution to prevent the infection of her children. The first and most important step is to suspect every case of "common cold." "Just a little cold in the head" is the first stage of measles, whooping-cough, scarlet fever and infantile paralysis. There is no such thing as a "trifling cold." Every cold is dangerous, and should be treated with the respect due a powerful enemy. Particularly should the victim be prevented from infecting others. Calling the doctor for a slight cold in a child is one of the most economical practices in which any family could possibly indulge.

Prof. Hugo Muensterberg, the distinguished psychologist of Harvard and Berlin, says that Russia and Japan are going to form an alliance with Germany and Austria. Just a little while ago he was talking about an alliance of England, Germany and the United States. What a wonderful thing psychology is, to be sure!

"Why is it," queries B.L.T. in the Chicago Tribune, "that people who would not eat peas with a knife (at least in public) will chew gum in a theater?" Dunno! But isn't it a fine thing about the movie theaters that you can't see the gum-chewers—or be seen when you chew?

No doubt the country is in a perilous plight. But anybody who believes that "the voice of the people is the voice of God" must have faith that no matter which side wins, the nation will be saved on November 7.

Carrazza has promised to get after Villa—again. From the promptness and zeal with which Carrazza has carried out similar promises in the past, Villa seems to have a pretty good chance of dying of old age.

The delegates to the Episcopal convention which refused equal rights to women will doubtless go home and resume doing what their wives tell them to.

If Americanism means anything it means honesty, frankness and sincerity in dealing with all public matters. Mr. Hughes talks of Americanism, but he doesn't tell the people what he would do.

If you really believe that Penrose and Smoot will administer the affairs of the Republic in the interest of the whole people more capably and equitably than will Wilson, then it is your duty as a patriot to vote for Mr. Hughes.

The U-boats are sinking merchant ships again in great numbers. But there's relief in the fact that Germany so far appears to have kept faith with the United States, and is refraining from killing noncombatant crews and passengers.

PROSPERITY NOT DUE TO DEMANDS OF WAR

Bulk Comes From Ordinary Business Channels, Declares Charles M. Schwab.

\$2,500,000,000 TRADE BALANCE

Department of Commerce Shows Vast Gain in Wealth Under Wilson—Munitions Business Is but One Per Cent. of Total.

In answer to the cry of Republican politicians, that the unprecedented prosperity that has come to America under the administration of President Wilson is due to the European war orders, comes a statement from Charles M. Schwab, head of the Bethlehem Steel Company, himself a Republican, that refutes the charge.

"It is a mistake to imagine that the major portion of our business is war order business," says Mr. Schwab, in a signed article in the October number of System. "Even a casual inspection of the great volume of exports will demonstrate that the bulk is drawn from the ordinary course of business. It is also found that, at present prices, domestic business is as profitable as foreign munition business."

No one can doubt the capability of Mr. Schwab to judge the business situation, nor can one gainsay the recent figures issued by the Department of Commerce. In this report, it is stated that, during the first eight months of the present fiscal year, the exports of the United States showed a trade balance in favor of this country of \$1,730,000,000.

Trade Balance \$2,500,000,000.

Predictions are made that the trade balance for the entire year will exceed the unprecedented figure of \$2,500,000,000. The value of the exports for the eight months was \$3,435,900,212, an increase of \$1,205,882,100 over the same period last year.

Another financial authority, too, has spoken—Charles Hayden, of Boston. He estimates that American securities held abroad have been reduced from \$6,000,000,000 before the war, to \$1,000,000,000 at the present time. Coincidentally, the United States has become a creditor of foreign nations, for the first time in history, to the extent of \$1,500,000,000. Under Wilson, therefore, we have wiped out \$6,000,000,000 of foreign indebtedness, and are a creditor to the amount of \$500,000,000.

Mr. Hayden calls attention to the fact that this always was a debtor nation under Republican rule.

All Classes Prosperous.

And so, from all sections of the country, from all kinds and classes of business, from the merchant, the manufacturer, the farmer, the workman, come reports of unparalleled prosperity. The Chamber of Commerce of the United States, in an official report, declares that basic stocks are rising, that railroad earnings are abnormally high (indicating the great movement of commodities), and that the national prosperity will continue.

Not temporary prosperity, due to the war, is this that is filling the coffers of the nation. It has a sound basis for permanency, made certain by the laws enacted under the Wilson Administration. The President himself, in his recent speech at Baltimore, emphasized the value to the country of the Tariff Commission, the Trade Commission, the Federal Reserve Board and the shipping bill. These enactments not only will stimulate the productivity of the country, but will safeguard its output and provide a means of conveying it to all the ports of the world.

How Business Has Gained.

Here is just a glimpse at percentages, prepared by expert statisticians, that prove what the Wilson Administration has done for the people:

Increase in bank deposits, 68 per cent.; money in circulation, 22 per cent.; stock of gold in United States, 24.1 per cent.; foreign commerce, 52.7 per cent.; balance of trade in favor of United States, 287.6 per cent.; agricultural exports, 44.1 per cent.; manufactured exports, 155 per cent.; railway revenues, 37.6 per cent.; value of general crops and live stock, 12.4 per cent.; value of wheat crop, 67.5 per cent.; output of pig iron, 35 per cent.; production of steel, 35.5 per cent.; farm lands, 12.7 per cent.; men employed in manufacturing, 23.2 per cent.; wages paid in manufacturing, 41.5 per cent.; capital employed in manufacturing, 30.9 per cent.; value of manufactured products, 41.2 per cent.

So it may be seen that all lines of industry have profited under the great wave of prosperity that the Democratic administration has wrought.

AND THE MUNITIONS BUSINESS COMPRISES ONLY ONE PER CENT. OF THE TOTAL OF MANUFACTURED PRODUCTS.

Is it the part of wisdom, therefore, to gamble with prosperity such as this?

Will the American voter dare to throw away a sure thing, on the chance that his return may be the enormous cost of war's poverty and devastation?

THE DESTINY OF SMALL NATIONS

By BRINKERHOFF.



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Hubbell, J. L.

UNITED STATES SENATOR
Kibbey, Joseph H.

REP. IN CONGRESS
Eads, Henry L.
JUDGE SUPREME COURT
Baughn, O. J.

GOVERNOR
Campbell, Thomas E.
SECRETARY OF STATE
Prochaska, Joe V.

STATE AUDITOR
Merrill, Doane
STATE TREASURER

Campbell, John A.
ATTORNEY GENERAL
Gust, John L.

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Cloonan, J. Harrie
STATE MINE INSPECTOR
McKenzie, Norman J.

TAX COMMISSIONER
Smalley, George H.

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Campbell, Jerry M.

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Jones, D. L.

Ray, Ernest W.
Woolery, Lee O.

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Lorenzo Wright
COUNTY RECORDER

Richard Davis
COUNTY TREASURER

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COUNTY SCHOOL SUPT.

Elsie Toles
COUNTY ATTORNEY

J. T. Kingsbury
COUNTY ASSESSOR

Wm. Temple
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Jakob Schmid
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M. C. High
CONSTABLE

P. T. McRae
LOWELL PRECINCT—
JUSTICE OF THE PEACE

Robert S. Grier
CONSTABLE

Thos. A. Willcox

RAILROAD BROTHERHOODS
ASK ALL TO BACK WILSON.

NEW YORK, Oct. 25.—Chiefs of the four railroad brotherhoods have sent a personal appeal in the form of a circular letter to their members throughout the country, urging them to vote for the re-election of President Wilson. It was announced here tonight by G. H. Sines, vice president of the Brotherhood of Railroad Trainmen.

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